

# Individual Best Times (All Time)

Isobel Banning - (844579) - Witham Dolphins SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	35.97	35.40	282	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
100 Freestyle	1:21.28	1:20.20	257	20/07/14	Basildon & Phoenix End of Season Meet	Basildon	ER4489	3
200 Freestyle	2:43.14	2:41.00	330	27/09/15	BWFSC County Qualifier Meet 2015	London	LR151058	3
400 Freestyle	5:35.29	5:31.10	345	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.34	35.90	273	19/10/14	Witham Dolphins SC Closed Meet	Braintree	ER14308	3
100 Freestyle	1:14.62	1:15.70	305	13/04/14	Teamipswich Last Chance April Open	Ipswich	ER4113	3
200 Freestyle	2:35.02	2:37.20	360	22/11/14	Harlow Penguins Winter Open Meet	Harlow	ER14724	3
400 Freestyle	5:14.46	5:18.90	397	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	ER161704	3
800 Freestyle	10:49.42	10:58.30	397	28/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
50 Breaststroke	46.93	47.60	220	19/10/14	Witham Dolphins SC Closed Meet	Braintree	ER14308	3
100 Breaststroke	1:44.53	1:45.70	212	15/11/14	Witham Dolphins Club Championships	Witham	ER14305	3
200 Breaststroke	3:33.70	3:36.20	249	26/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
50 Butterfly	42.61	43.10	187	14/12/12	Witham Dolphin SC Winter Club Championship	Witham	ER2808	4
100 Butterfly	1:33.94	1:34.70	190	07/12/12	Witham Dolphin SC Winter Club Championship	Witham	ER2808	4
200 Butterfly	3:28.17	3:29.70	189	26/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
50 Backstroke	41.08	41.60	232	03/10/15	LBRSC Early County & Regional Qualifier	Fullwell Cross	LR150599	3
100 Backstroke	1:26.11	1:27.00	259	11/05/14	Braintree & Bocking Spring Festival	Braintree	ER4398	3
200 Backstroke	3:00.13	3:02.00	287	11/05/14	Braintree & Bocking Spring Festival	Braintree	ER4398	3
200 Individual Medley	3:01.33	3:03.50	303	23/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
400 Individual Medley	6:29.46	6:34.00	293	24/10/13	Witham Dolphins Winter Club Championships	Witham	ER3885	4
100 Individual Medley	1:27.39	1:27.40	270	19/10/14	Witham Dolphins SC Closed Meet	Braintree	ER14308	3